


Avalon Teacher Training - Spring 2010

Feb. 19th – May 30th

- Feb. 19th 8:15-10:15pm: Opening Circle (Intro. + General Overview). All Instructors **PR**
- Feb. 20th 12:00-4:00pm: Module I, Fundamentals of Yoga (The Foundation of Asana Practice). Kelly T
- Feb. 21st 1:00-5:00pm: Module II, The Art of Teaching-section (Introduction). **TM**

- Feb. 24th 6:30-9:30pm: Module V, Ayurveda (History & Philosophy). Sumitra PLE
- Feb. 27th 12:00-4:00pm Module I, Fundamentals of Yoga (Uniting Opposites in Yoga Practice). Kelly T
- Feb. 28th 1:00-5:00pm: Module II, The Art of Teaching (Structure, Sequencing & Teaching). **TM**


- March 3rd 6:30-9:30pm: Module V, Ayurveda (Understanding Tridosha). Sumitra PLE
- March 5th 8:15-10:15pm: Module VII, Philosophy (Eight Limbs of Yoga by Patanjali). Shastri PLE
- March 6th 12:00-4:00pm Module VI, Anatomy and Physiology (Breath) Kelly A&
- March 7th 1:00-5:00pm: Module III, Iyengar Basics (Foundations of Your Personal Practice). Birgit T

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- March 10th 6:30-9:30pm: Module V, Ayurveda (Purification & Tonification). Sumitra **PLE**
 - March 13th 12:00-4:00pm: Module VI, Anatomy and Physiology (Avoiding Injuries in Asana Practice) Kelly **A&P**
 - March 14th 1:00-5:00pm: Module II, The Art of Teaching (Intuition, Function & Practicality). **TM**

 - March 17th 6:30-9:30pm: Module V, Ayurveda (Living in Balance). Sumitra **T**
 - March 19th 8:15-10:15pm: Module VII, Philosophy (Sanskrit – Understanding the Language). Shastri **PLE**
 - March 20th 12:00-4:00pm: Module III, Iyengar Basics (Combining Skills: Mind-Body-Breath). Birgit **T**
 - March 21st 1:00-5:00pm: Module VII, Philosophy (Introduction to Patanjali & Five Modifications of Mind). Shastri **PLE**

 - March 24th 6:30-9:30pm: April 28th Module V, Ayurveda (Additional Session). Sumitra **T**
 - March 27th 12:00-4:00pm: Module VI, Anatomy & Physiology (Understanding Muscles and Movement). Kelly **A&P**
 - March 28th 1:00-5:00pm: Module II, The Art of Teaching (Teaching, Sequencing I). **TM**





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- April 3rd 12:00-4:00pm: Module III, Iyengar Basics (Combining Skills: Mind-Body-Breath). Birgit T
 - April 4th 1:00-5:00pm: Module II, The Art of Teaching (Teaching & SequencingII). **TM**

 - April 7th 6:30-9:30pm: Module IV, Adjustments (Nuances of Touch). Samantha
 - April 9th 8:15-10:15pm: Module VII, Philosophy (The Practice of Meditation). Shastri PLE
 - April 10th **BREAK**
 - April 11th **BREAK**

 - April 14th 6:30-9:30pm: Module IV, Therapeutics (Special Needs). Monica
 - April 17th 12:00-4:00pm: Module III, Iyengar Basics (Combining Skills: Mind-Body-Breath). Birgit T
 - April 18th 1:00-5:00pm: Module II, The Art of Teaching-section (Practical Information). **TM**

 - April 23rd 8:15-10:15pm Module VII, Philosophy (PYS Aphorisms + Intro. to Bhagavad Gita). Shastri PLE
 - April 24th 12:00-4:00pm: Module III, Iyengar Basics (Combining Skills: Mind-Body-Breath). Birgit T
 - April 25th 1:00-5:00pm: Module VII, Philosophy (The Eight Limbs of Yoga & Asana – note: This will be an active class). Shastri PLE

 - May 1st 12:00-4:00pm: Module VI, Anatomy & Physiology (How the Body Learns & Changes). Kelly A&P
 - May 2nd 1:00-5:00pm: Module III, Iyengar Basics (Group Class). Birgit TM
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- May 7th 8:15-10:15pm: Module VII, Philosophy (Self-Management). Shastri PLE
 - May 8th 12:00-4:00pm: Module VI, Anatomy & Physiology (Stress, Relaxation, Meditation, and the Mind-Body Relationship). Kelly A&P
 - May 9th 1:00-5:00pm: Module IV, Anatomy of Backcare (Yoga for the spine). Priya Khetrapal T

 - May 14th 8:15-10:15pm: Module VII, Philosophy (Yoga of Ethics). Shastri PLE
 - May 15th 12:00-4:00pm: Module I, Fundamentals of Yoga (Moving the Mind). Kelly T
 - May 16th 1:00-5:00pm: Module IV, Anatomy of Backcare (Yoga for the spine cont.). Priya Khetrapal T

 - May 22nd 12:00-4:00pm: Module I, Fundamentals of Yoga (Ethics of Teaching Yoga). Kelly T
 - May 23rd 1:00-5:00pm: Module IV, Pre-natal Yoga (Dos and Don'ts) Pat T

 - May 29th 12:00-4:00pm: Module IV, Restorative Yoga (Learning to Relax) Pat T
 - May 30th 1:00-3:00pm: Module II, The Art of Teaching (Group Class). **TM**
 - May 30th 3:00-5:00pm: Closing Circle – **All Instructors!!! PR**

